

Sunday Forum

Downtown Presbyterian Church

January 2019

Understanding Draws Us Closer

- **January 6, 9:50 am – Autism 101 - What is it and What is it Not**

Mary Brzustowicz, a Family Navigator at AutismUp, will give an overview of the autism spectrum and difficulties those on it may face, and promote understanding and empathy in others.

- **January 13, 9:50 am – Anxiety in Childhood & Adolescence - Opportunity for Resilience**

Worries and fears in children and teens are both deeply personal and have certain common features. **Dr. Kathleen Baynes**, child and adolescent psychiatrist and assistant professor at the UR Medical Center, will focus on education about anxiety, its variable presentations, how families and communities can provide support, and common treatment strategies.

- **January 20, 9:50 am – Healthy, Unhealthy and Dangerous Relationships – A Conversation on How to Offer Support**

This interactive presentation by **Pamela Graham**, Prevention/Training Manager at Willow Domestic Violence Center, will explore the difference between healthy, unhealthy, and dangerous relationships in an effort to best serve our friends, family, co-workers, and congregations.

- **January 27, 9:50 am – ADHD - Myths, Realities, Complexities and Strengths**

Robert Carlisle, retired school psychologist and coordinator of the Greater Rochester ADD Association support group for adults, will explore the condition in children and adults and its effects upon schooling, work, families, and getting by in life.

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- Unless otherwise indicated, all events take place in the Shaw Room, 2nd floor of the Institute Building
 - Childcare for children 5 and older is provided

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February 2019

People and Programs That Are Making a Difference in Rochester

- **February 3, 9:50 am – Moving Towards Self-Sufficiency**

Speaker: **Loriane Ngarambe**, Community Engagement Specialist, RMAPI (Rochester-Monroe Anti-Poverty Initiative). We will learn about RMAPI's Guiding Principles and the Collective Impact model being utilized to create system-wide changes to overcoming poverty in our community.

- **February 10, 9:50 am – Connecting Us to Things That Matter**

Speakers: **Evan Dawson**, Host, and **Megan Mack**, Producer of WXXI Connections. Megan and Evan explore a myriad of issues in our community that matter to us. They will talk about how they put a program together, as well as their impressions of the "state of our region."

- **February 17, 9:50 am – A New Home – A New Beginning**

Speakers: **Matthew Flanigan**, Executive Director, Flower City Habitat for Humanity, and DPC's own **Kiesha Betts**, soon-to-be proud Habitat Homeowner. Learn about Habitat's expanding role in building affordable housing, and about Keisha's personal experiences in becoming a home-owner.

- **February 24, 9:50 am – Growing Jobs in Greater Rochester**

Speaker: **Ana Liss**, Managing Director of Business Development, Greater Rochester Enterprise. Ms. Liss will describe how GRE works to attract new businesses and expand existing companies in our region.

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